

ABSTRACT

Optical information recording and reproducing medium 10 has two recording layers of first and second recording layers 12 and 14, from a laser beam incident surface side. In each control area 21, recording layer management information containing at least information indicating recording states of a plurality of areas into which the inside of data recording area 22 of each recording layer is divided is recorded. When recording or reproducing is performed on the second recording layer 14, the recording layer management information is checked, and a laser beam output is changed based on a recording state of an area corresponding to the first recording layer 12.